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PUBLIC HEALTH WEEKLY UPDATE:
COVID-19
August 21, 2020

Below is a summary related to the Town of Belmont's response to the COVID-19 (Coronavirus) pandemic. The Town of Belmont is committed to providing information including this weekly update on the COVID-19 situation. Numbers related to COVID-19 and other pertinent information are updated daily on the Town's website.

The Town of Belmont currently has 249 *cumulative* confirmed cases of COVID-19, which is an increase of 3 cases since our August 14 report. There are have been a total of 60 COVID-19 related deaths in the Town of Belmont, 57 of which are confirmed by filed death certificates with the Town Clerk's Office and 3 are *unconfirmed*.

The Massachusetts Department of Public Health (MDPH) continues to provide weekly reports of COVID-19 data by city or town as part of its Dashboard for COVID-19 Cases, Quarantine and Monitoring. MDPH updates this list once a week on Wednesdays.

Belmont 2020 Elections

- September 1, 2020: **State Primary**
- November 3, 2020: **Presidential Election**

MASSACHUSETTS REGISTER TO VOTE ONLINE

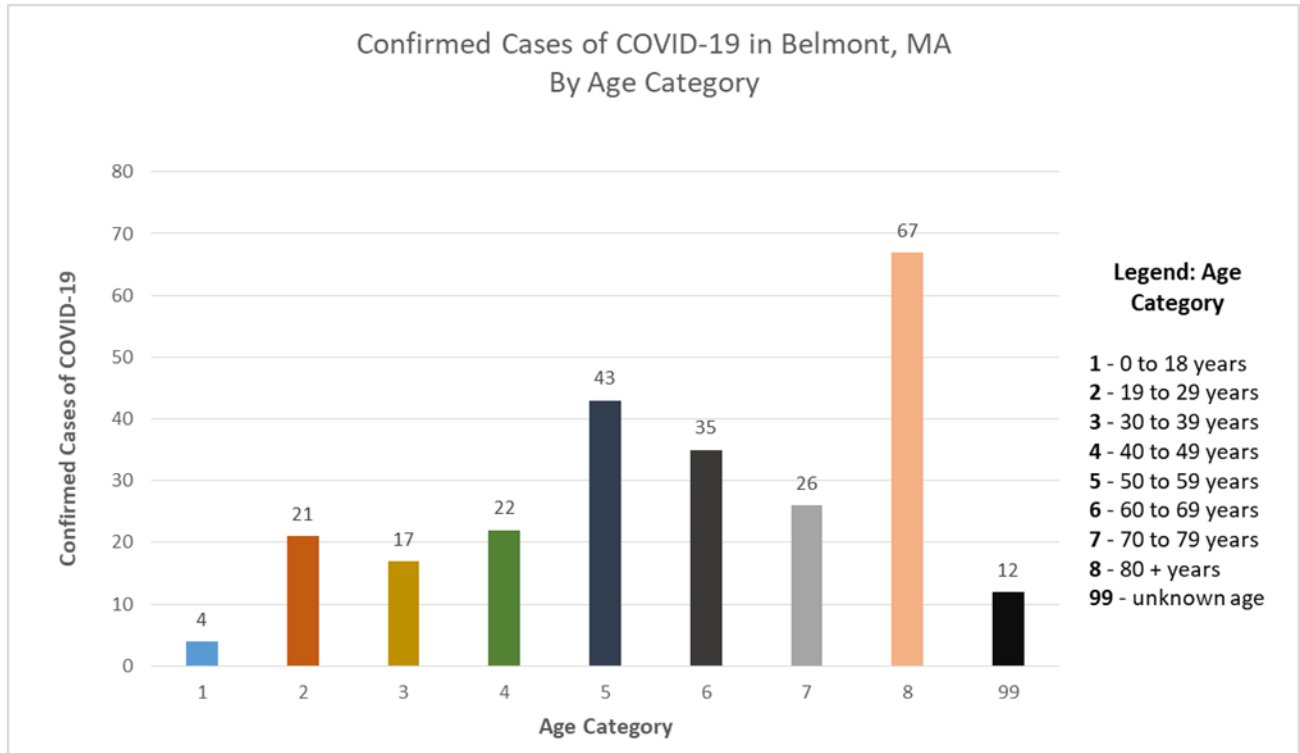**Check your Massachusetts voter registration status**

VOTE BY MAIL

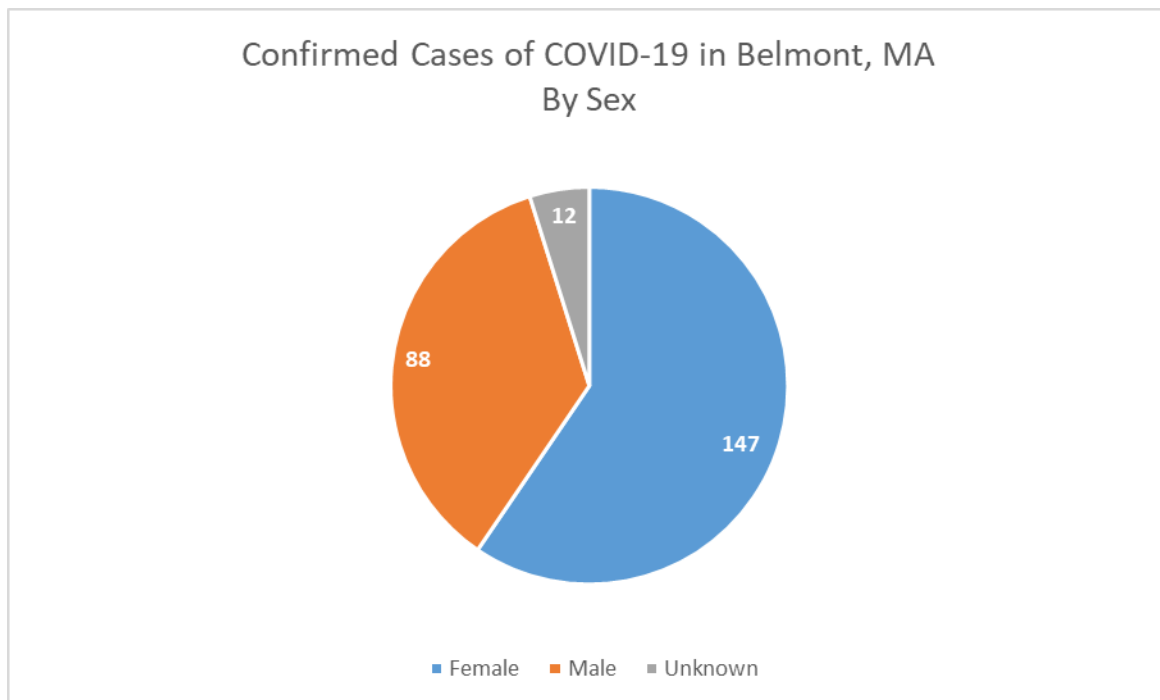VOTING BY MAIL IS AVAILABLE FOR ALL ELECTIONS.

YOU CAN GET AN APPLICATION ON THE TOWN WEBSITE
WWW.BELMONT-MA.GOV/TOWN-CLERK

OR BY CONTACTING THE TOWN CLERK'S OFFICE:
PHONE: 617-993-2603
EMAIL: TOWNCLERK@BELMONT-MA.GOV

TOWN OF BELMONT

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Updated COVID-19 Data

**Confirmed Cases of COVID-19 in Belmont, MA
By Age Category**

Confirmed Cases of COVID-19 (y-axis): 80, 70, 60, 50, 40, 30, 20, 10, 0

Age Category (x-axis): 1 (4), 2 (21), 3 (17), 4 (22), 5 (43), 6 (35), 7 (26), 8 (67), 99 (12)

Legend: Age Category

1 - 0 to 18 years
2 - 19 to 29 years
3 - 30 to 39 years
4 - 40 to 49 years
5 - 50 to 59 years
6 - 60 to 69 years
7 - 70 to 79 years
8 - 80 + years
99 - unknown age

Age category breakdown of total confirmed COVID-19 cases in Belmont, MA.

**Confirmed Cases of COVID-19 in Belmont, MA
By Sex**

Female: 147, Male: 88, Unknown: 12

■ Female   ■ Male   ■ Unknown

Breakdown by sex of confirmed COVID-19 cases in Belmont, MA.

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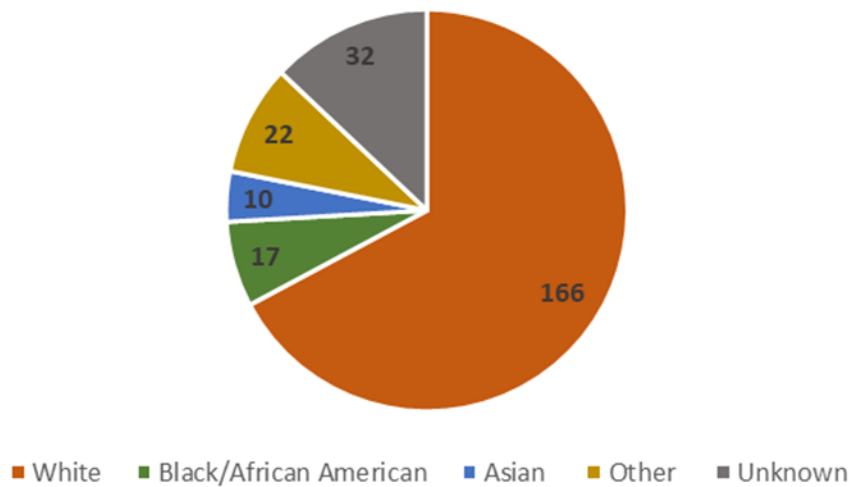
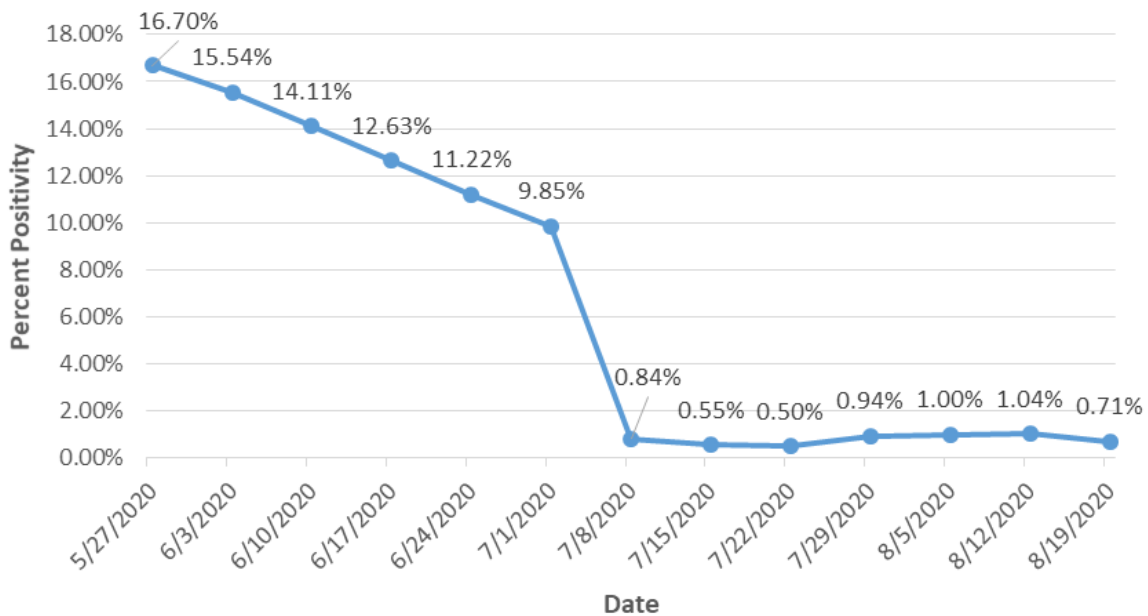Breakdown by race of confirmed COVID-19 cases in Belmont, MA.
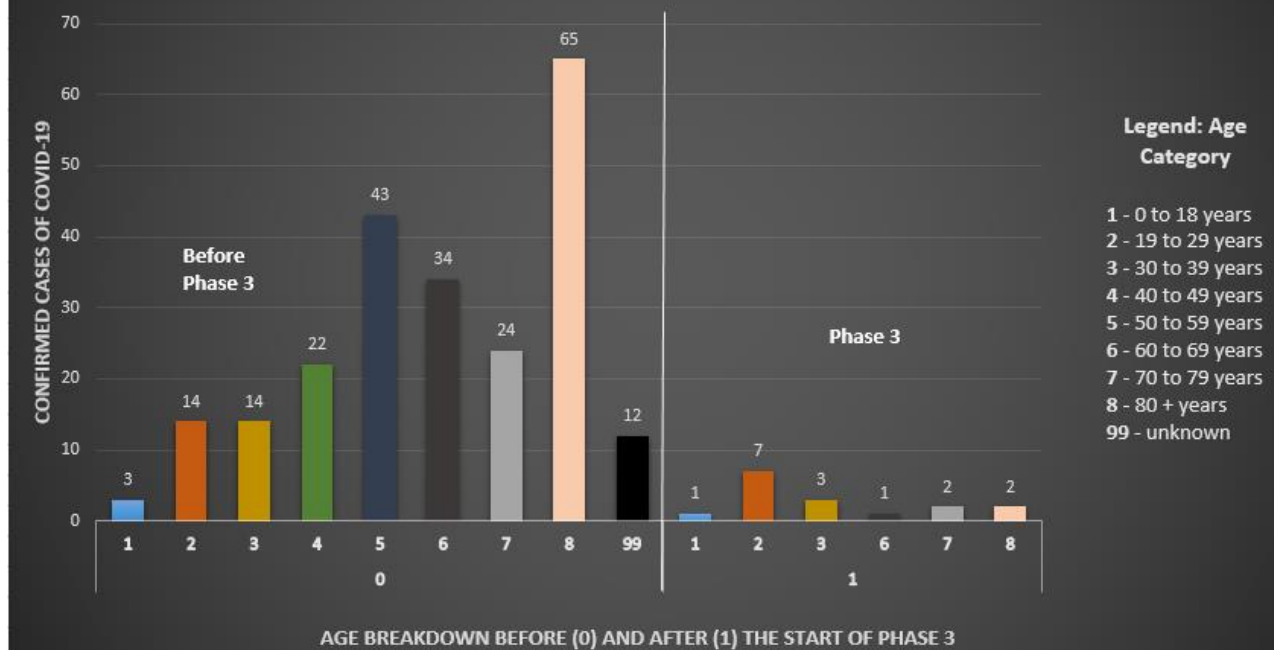
This visual is a side by side look at the number of cases per age group, both before (Left) and after (Right) the start of phase III on July 6th, 2020.

Confirmed Cases of COVID-19 in Belmont, MA
Since July 6 (Phase III) by Age Category

- 0-18
- 19-29
- 30-39
- 60-69
- 70-79
- 80+
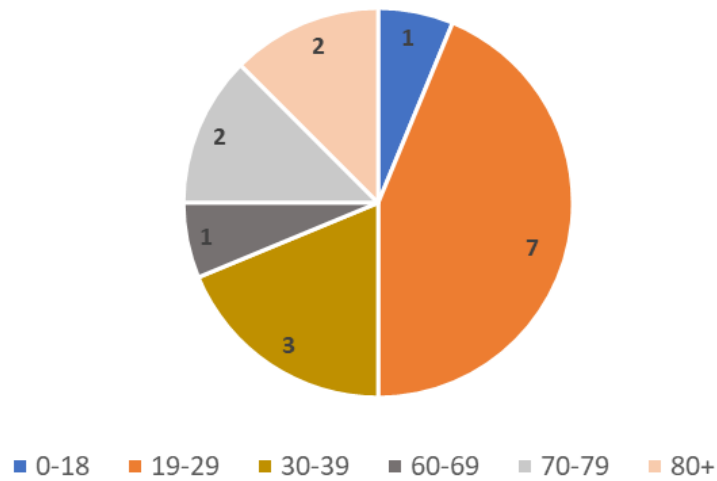
This pie chart illustrates the breakdown of COVID-19 cases by age category, since the start of phase III on July 6, 2020.

COVID-19 Percent Testing Positivity in Belmont, MA

16.70%
15.54%
14.11%
12.63%
11.22%
9.85%
0.84%
0.55% 0.50%
0.94% 1.00% 1.04% 0.71%

Percent Positivity

5/27/2020 6/3/2020 6/10/2020 6/17/2020 6/24/2020 7/1/2020 7/8/2020 7/15/2020 7/22/2020 7/29/2020 8/5/2020 8/12/2020 8/19/2020

Date

This graph represents the change in *percent positivity** from May 27, 2020 through August 19 2020.

**Percent positivity* is a calculation based on the number of positive COVID-19 tests divided by the total number of tests administered, over a 14 day period. This measure was added to the state's weekly COVID-19 updates on May 27, 2020.

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#MaskUp Belmont!

Wear face coverings when leaving home to prevent the spread of COVID-19!

#MaskUpMA is a new statewide campaign encouraging everyone to wear their face coverings in public and when around other individuals. In order to promote this effort, the Belmont Health and Recreation Departments would like to collect photos from its citizens to showcase them proudly wearing their masks out in Belmont.

If you, your organization, or someone you know in Belmont would also like to be featured wearing face masks around town, please submit your photos to: Lsharp@belmont-ma.gov

And for more information, you can visit:
https://www.mass.gov/news/mask-up-ma

The Belmont Wellness Coalition proudly wearing their masks out in Belmont!

Updated Gathering Order: Effective August 11, 2020

Governor Baker signed an updated gatherings order, effective Tuesday, August 11, which will:

- Reduce the limit on outdoor gatherings from 100 to 50 people (indoor gatherings limit will remain at 25 people)
- Apply these limits to all types of gatherings, on **both public and private property**
- Require face coverings where more than 10 people from different households will be mixing.

Restaurant rules have been updated to state that alcoholic beverages may only be served for on-site consumption if accompanied by orders for food prepared on-site. The administration will be taking measures to ensure that bars masquerading as restaurants will be closed.

Public safety officials, including state and local law enforcement, have the jurisdiction to enforce these orders and event hosts in violation of these orders will be subject to fines or cease and desist orders.

To read the full gatherings order, **click here**.

New 14-Day City and Town Level Data

This week, Governor Baker announced that the state would be adding more city and town level data to their COVID-19 dashboard. This new data is based around the average daily incidence rate (per 100,000) in Massachusetts by city/town over the last 14 days.

This data will include a map of all towns and cities in MA, color coded based on the average daily incidence rate (Per 100,000). Each municipality is color coded on these maps: white, green, yellow or red.

Average Daily Incidence Rate per 100,000 over last two weeks

- White (<5 reported cases)
- Green (<4 cases per 100k)
- Yellow (4 - 8 cases per 100k)
- Red (>8 cases per 100k)

Accompanying this map will be a table with specific data for each municipality in Massachusetts. This data will indicate the color coding, case count, average percent positive, and average daily incidence rate per 100k, over the last 14 days.

This data will be an addition to the COVID-19 Weekly Public Health Report, which can be found here: https://www.mass.gov/info-details/covid-19-response-reporting#covid-19-weekly-public-health-report-

For Current Info on Travel Restrictions and Procedures:

https://www.mass.gov/info-details/covid-19-travel-order

COVID-19 Testing

Should I be tested?

You should get a test for COVID-19 if:

- You develop *any* symptoms of COVID-19, even if they are mild, or
- You are a close contact of someone who has tested positive for COVID-19

What are the symptoms of COVID-19?

If you develop symptoms of COVID-19, even if they are mild, please contact your healthcare provider and a test site near you to schedule a test. You can also check your symptoms online.

Symptoms may appear 2-14 days after exposure to the virus and may include:
- Fever, chills or shaking chills
- Signs of a lower respiratory illness (e.g., cough, shortness of breath, lowered oxygen saturation)
- Fatigue, sore throat, headache, body aches/myalgia, or new loss of sense of taste or smell
- Other less common symptoms can include gastrointestinal symptoms (e.g. nausea, vomiting, diarrhea), rash, and inflammatory conditions such as "COVID toes".
- In elderly, chronically ill, or debilitated individuals such as residents of a long-term care facility, symptoms of COVID-19 may be subtle such as alterations in mental status or in blood glucose control

Where can I get a test?

Please visit the Massachusetts interactive testing map to find a testing site near you.

You can also download a full list of sites: MA COVID-19 Testing Sites PDF | DOC

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Information continues to evolve quickly, so we encourage all those looking to be tested to contact the site prior to arrival. Many sites may also require pre-screening, a referral and/or an appointment.

Is there a cost?

COVID-19 testing for symptomatic individuals and close contacts is usually covered by insurance and available at no cost to you. Contact your insurance with questions about if particular testing sites are within your network.
Additionally, many test sites in the Commonwealth test uninsured individuals for free. If you are uninsured, please call your local test site to confirm before making an appointment.

Stop the Spread Testing Sites

The Commonwealth has launched a strategic testing program involving free COVID-19 testing sites in communities throughout Massachusetts to help stop the spread of COVID-19. Currently, the Stop the Spread testing sites will be operating through at least September 12.

This "Stop the Spread" initiative is a data-driven effort to reduce the prevalence of COVID-19 in communities that are above the state average in total cases and positive test rate, and have experienced a decline in testing levels since April. The testing sites are located in different cities and towns throughout the Commonwealth. Residents of these communities are urged to take advantage of the availability of these new testing sites, even if they are asymptomatic. While these sites are being launched in these communities, they are open to all residents of the Commonwealth, and residents do not need to have symptoms to be tested.

You can find additional information about the "Stop the Spread" initiative test sites here: https://www.mass.gov/info-details/stop-the-spread

COVID-19 and Emergency Preparedness

Tropical Storm Isaias as well as increased COVID-19 activity throughout the country have highlighted the need to continue to think about emergency preparedness, as well as preparedness for COVID-19. Please see our Preparedness Tips document on the COVID-19 update page here: https://www.belmont-ma.gov/home/urgent-alerts/covid-19-information-for-the-town-of-belmont-find-all-updates-here

COVID-19 Testing Reminders:

There are 2 types of COVID-19 testing: **Diagnostic Testing** and **Antibody Testing**. Diagnostic testing is the type that tells you if you **currently** have COVID-19. These tests are typically done using a nasal swab, oral swab, or saliva sample. There are two types of diagnostic tests:
- **Molecular** tests, such as RT-PCR tests, that detect the virus's genetic material.
- **Antigen** tests that detect specific proteins on the surface of the virus.
  - Often called "rapid diagnostic testing" – Antigen tests are more likely to miss an active coronavirus infection compared to molecular tests, and may also be more likely to return a false positive result in certain testing situations.

Antibody (or serology) testing is the type that helps you find out whether you may have been infected with COVID-19 **in the past**. This is a blood test that looks for antibodies, which are proteins in your blood that fight infections. Antibody testing is important to help us understand how many people have been exposed to the virus.

- Important to know: at this time, **most people don't need antibody tests** and they should not be used to guide decisions on whether to stop isolation or return to work. Currently, there is no proof that antibodies in your blood means that you are immune from further infection with COVID-19.

*Under the new August 1 travel requirements, the test that is required to forego your 14 day quarantine is Molecular or PCR Testing. Make sure to inquire about which test you are receiving at the testing site, as the antigen or antibody tests cannot be used as a replacement for molecular/PCR testing. More information on types of testing can be found on the FDA's website here.

BELMONT FOOD PANTRY HOURS

The Food Pantry will be **OPEN** on a limited basis for **July, August & September** from **8:30–10:00 am** for Belmont residents to receive food or to drop off donations. The pantry will **NOT** be open on any other days.

SATURDAY, JULY 25TH
SATURDAY, AUGUST 1ST
SATURDAY, AUGUST 15TH
SATURDAY, SEPTEMBER 5TH

GO TO OUR WEBSITE/FACEBOOK PAGE FOR CONTINUED UPDATES
https://sites.google.com/site/thebelmontfoodpantry/
https://www.facebook.com/BFPantry/

The Belmont Food Pantry will be open to distribute food from 8:30 – 10:00 a.m. on the dates listed above. The distribution will still be a drive-thru with everyone remaining in their car, pulling up to the volunteer to check in and another volunteer will put the bag(s), per family, into the car. Walkers PLEASE keep a distance from each other and Food Pantry volunteers WILL COME to you. Belmont residents who are coming to receive food, please remember to bring your ID and have it ready before you get to the check in. Click here for the application and instructions: https://sites.google.com/…/thebelmont…/home/new-client-forms

Belmont Helps: Ways to Help Our Community
Donate | Volunteer | Ask for Help | Find Resources | Request or Help Sew Masks

Belmont Helps, a Winn Brook Parent Teacher Association Committee, is a 100% volunteer organization founded on March 14, 2020 to connect Belmont area community members in need during the COVID-19 outbreak to resources and volunteers. More information can be found at www.belmonthelps.org. Contact belmonthelps@gmail.com or leave a message at (617) 993-0162 for a call back from a team member.

Belmont COVID-19 Informational Call Center and Email
For general COVID-19 questions not specific to the Town of Belmont, all Massachusetts residents encouraged to call the state's 2-1-1 hotline that is staffed by operators 24/7 and with translators

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available in multiple languages. Residents with questions can dial 2-1-1 from any landline or cellphone or use the live chat option on the on the Mass 2-1-1 website.

The Town of Belmont has also established a call center to allow residents to ask non-medical questions specific to COVID-19 in Belmont. The call center will be staffed Monday through Friday from 8am to 4pm the number for the call center is (617) 993-2222. Questions can also be emailed to: belmonteoc@belmont-ma.gov. **Please call 9-1-1 in the event of an emergency. Calls should not be made to 9-1-1 to obtain information about COVID-19.**